

Aging & Disability Resource Center of Waukesha County

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Waukesha, WI 53188

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Toll Free: 866-677-2372

Fax: 262-896-8273

TTY: 7-1-1

Website:

www.waukeshacounty.gov/adrc

After hours call

IMPACT 2-1-1

211, or toll free

1-866-211-3380

National Alliance on Mental Illness of Waukesha County (NAMI)

262-524-8886

Veteran's Services

262-548-7732

Moraine Lakes Consortium

888-446-1239

Alzheimer's Association

800-272-3900

(24/7 Helpline)

www.alz.org/sewi

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WISCONSIN'S SUGAR MAPLE!

How is it the sugar maple became Wisconsin's state tree? *Acer saccharum*, commonly known as the sugar maple was selected as the state tree by school children in a statewide vote in 1893. A second vote of school children in Wisconsin's centennial year, 1948, reaffirmed support for the sugar maple. Valued commercially for timber and syrup production, this tree is a staple of Wisconsin woodlands. Every fall thousands of people tour the forests and woodlands of Wisconsin to view the spectacular leaves of the sugar maple trees. With fall color ranging from gold to orange and scarlet, the sugar maple is a sight to behold.

Sugar maple is an important tree for our native wildlife. The flowers, although not dependent on insects, are an early season source of nectar for honey bees and other pollinators. The seeds are a food source for many animals, including squirrels, orioles, wrens, and warblers. The twigs are consumed by deer and small mammals as a winter food source. Many bird species make their nests in sugar maple trees.

The timber of sugar maple has long been prized for its strength, giving it the other common name of Hard Maple. Fine furniture, cabinets, flooring, sports courts and guitars are made from this prized tree. The white sapwood is used for a variety of specialty products, ranging from basketball courts and bowling pins to instruments and archery bows. During the 2001 baseball season, Barry Bonds switched from the traditional ash wood baseball bat to one made of maple and hit 73 home runs—a new record!

Sugar maple is the primary source of sap for maple syrup production. While syrup can be derived from any maple species, Sugar Maple is preferred as it has the greatest sugar content (2.5%) and longest tapping season. On average, it takes 30 gallons of sugar maple sap to produce one gallon of maple syrup. The lower sugar concentrations of other maples (red maple, silver maple, boxelder, etc.) may require up to twice as much sap to produce the same amount of syrup.

Daylight hours and weather conditions are the two major players in fall color development of the sugar maple. As sunlight hours' wane, trees respond by producing less chlorophyll, bringing out a medley of yellow, brown and orange leaves. Colors, especially reds, thrive in warm days and cool (but not freezing) nights.



Sugar maple leaves contain three pigments: xanthophyll, carotene, and anthocyanin, which help bring about their spectacular fall color. Sugar maple leaves turn yellow in the shade, red in the sun, and, depending on the proportion of sun and shade, and on genetics, they change hourly from yellow to red to orange. The red moves down from the top of the tree and in from the sides. The higher the content of sugar trapped in the leaves, the more brilliant the color. Each leaf has its own pattern. Yellow spreads from the leaf margins inward. Green retreats to the veins. Soon, the veins, too, turn yellow. Finally, the whole tree is orange, dusted with red, inlaid with yellow.

With so many fall festivals cancelled this year, one still has the opportunity to view Mother Nature's beauty by jumping in the car and taking a drive. You can check out the fall color by viewing the states' color chart here: www.travelwisconsin.com/fall-color-report. Pack a lunch and off you go!



Caregiver Stress

Being a caregiver can be a rewarding, yet stressful job. As a caregiver, you are responsible for the care and safety of another person. Recognizing and managing caregiver stress is vital to

maintaining your own health. Increased awareness about symptoms of stress as well as learning ways to reduce stress is key to practicing good self care.

10 Symptoms of Caregiver Stress

- | | |
|------------------------|------------------|
| *Denial | *Anger |
| *Social Withdrawal | *Anxiety |
| *Depression | *Exhaustion |
| *Sleeplessness | *Irritability |
| *Lack of concentration | *Health problems |

Caregiver Survival Tips

1. Plan ahead.
2. Learn about available resources.
3. Take one day at a time.
4. Develop a back up plan.
5. Accept help.
6. Make your health a priority.
7. Get enough rest and eat properly.
8. Make time for leisure.
9. Be good to yourself.
10. Share your feelings with others.



We are here for you.
If you are feeling stressed and would like to know more about community resources please contact the Aging and Disability Resource Center of Waukesha County at **262-548-7848**.

Upcoming Caregiver Event in November

More information coming soon!

In honor of National Family Caregivers Month, the ADRC and our community partners are excited to put together an event for the caregivers in our community. We know this difficult time has been particularly hard on those caring for loved ones, and we can't wait to honor you all in a safe, socially distant way.

Stay
Tuned

I see so much on the news about the COVID-19 pandemic around the country and the world, but how do I find out how bad the pandemic is here in Waukesha County, and what is being done to stop the spread and help people like me who are at higher risk?

Sincerely,

Phil Aten-Acurve



Dear Phil,

I know all of the news surrounding the pandemic can be scary and confusing. Here in Waukesha County there are a lot of efforts in place to slow the spread and make sure the most vulnerable are being taken care of. Waukesha County Public Health is suggesting people do the following five things to keep themselves and their neighbors safe:

1. Wear a mask or cloth face coverings to stop the spread of respiratory droplets from person-to-person. Wear a clean, well-fitted face covering when in public spaces, especially when social distancing is difficult to maintain. Information on the effectiveness of cloth masks can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/about-face-coverings.html>.
2. Follow CDC guidelines to prevent illness and minimize the spread of COVID-19. Guidelines include, washing your hands often with soap and water, routinely disinfecting frequently touched surfaces, wearing a cloth face covering in public, and covering your mouth when you cough and sneeze. Additional CDC recommendations for businesses can be found at: <https://www.cdc.gov/coronavirus/2019-ncov/community/guidance-business-response.html>.
3. Practice social distancing by separating people at least six feet away from each other whenever possible.
4. Stay home if you aren't feeling well and perform an at-home symptom screening before leaving the house.
5. Protect the vulnerable, including older adults and those with underlying health conditions.



Public Health
Prevent. Promote. Protect.
Waukesha County

Waukesha County is also offering a lot of resources online. You can find out what the current COVID-19 numbers are in your area, stay up to date on the most recent local and statewide mandates and policies related to the pandemic, and get connected to resources that will keep you safe and healthy during this unprecedented time. Visit www.waukeshacounty.gov/COVID19 for all of this information and more.

To stay up to date on the most recent information, you can also follow the Waukesha County Executive, Paul Farrow, and Waukesha County Public Health on Facebook at www.facebook.com/CountyExecutivePaulFarrow and www.facebook.com/WaukeshaCountyPublicHealth.

Governor Proclaims September Falls Prevention Awareness Month

Take steps to reduce your risk of a fall

Did you know that Wisconsin has the highest death rate due to falls for older adults of any state in the country? Here are some more startling statistics:

- ◇ **Every 11 seconds an older adult somewhere in the U.S. is admitted to an Emergency Department for a fall. Every 19 minutes an older adult dies from injuries from a fall.**
- ◇ **In Wisconsin and the nation, one of every four adults falls every year.**
- ◇ **In Wisconsin, 40% of people who enter nursing homes had a fall in the 30 days prior to admission.**
- ◇ **Falls cost Wisconsin over \$1 billion each year.**

There is good news though: falls are not a normal part of aging and can be prevented. The CDC, the National Council on Aging, the Wisconsin Institute for Healthy Aging and the ADRC encourage you to take control of your health by following these six steps to prevent a fall:

1. **Engage in balance and strength exercises that are proven to reduce falls.** Talk to a physical therapist for recommendations.
2. **Talk to your health care provider.** Ask for an assessment of your risk of falling. And share your history of recent falls.
3. **Regularly review your medications with your pharmacist and your doctor.** Make sure side effects aren't increasing your risk of falling and take medications only as prescribed.
4. **Get your vision and hearing checked annually and update your eyeglasses.** People with untreated vision or hearing losses are more than three times as likely to fall.
5. **Keep your home safe.** Remove tripping hazards, increase lighting, make stairs safe and install grab bars in key areas.
6. **Talk to your family members.** Enlist their support in taking simple steps to stay safe. It takes all of us to help keep older adults safe.

We're very lucky in Wisconsin to have a proven falls prevention workshop available in almost all Wisconsin counties and tribes that address ALL of these factors. It's called **Stepping On** and has been proven to reduce older adult falls by over 30%. This is a 7-week workshop that meets once a week for two hours each week. You will learn balance and strength exercises and hear from four guest experts: a physical therapist, pharmacist, vision expert and community mobility specialist. Participants learn how to identify their own falls risk and make changes in their behavior and environment to address the risk. Call us at 262-548-7848 to be put on the waiting list so that when we're able to resume workshops, we can contact you.



**Take the Falls Free CheckUp
online at:**

www.ncoa.org/healthy-aging/falls-prevention/falls-free-checkup/

CHECK YOUR RISK FOR FALLING

Falling is NOT a normal part of aging. Answer these 12 *YES or NO* questions to learn more and count how many YES's you have.

1 - I have fallen in the past year. YES / NO

People who have fallen once are likely to fall again.

2 - I use or have been advised to use a cane or walker to get around safely. YES / NO

People who have been advised to use a cane or walker may already be more likely to fall.

3 - Sometimes I feel unsteady when I am walking. YES / NO

Unsteadiness or needing support while walking are signs of poor balance.

4 - I steady myself by holding onto furniture when walking at home. YES / NO

This is also a sign of poor balance.

5 - I am worried about falling. YES / NO

People who are worried about falling are more likely to fall.

6 - I need to push with my hands to stand up from a chair. YES / NO

This is a sign of weak leg muscles, which is a major reason for falling.

7 - I have some trouble stepping up onto a curb. YES / NO

This is also a sign of weak leg muscles.

8 - I often have to rush to the toilet. YES / NO

Rushing to the bathroom, especially at night, increases your chance of falling.

9 - I have lost some feeling in my feet. YES / NO

Numbness in your feet can cause stumbles and lead to falls.

10 - I take medicine that sometimes makes me feel light-headed or more tired than usual. YES / NO

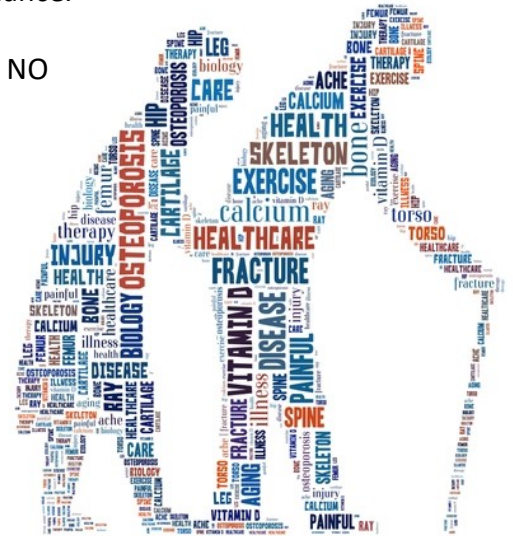
Side effects from medicines can sometimes increase your chance of falling.

11 - I take medicine to help me sleep or improve my mood. YES / NO

These medicines can sometimes increase your chance of falling.

12 - I often feel sad or depressed. YES / NO

Symptoms of depression such as not feeling well or feeling slowed down, are linked to falls.



**If you answered YES to four or more questions, you may be at risk for falling.
See the article on page 4 for tips.**

This checklist, distributed by the National Council on Aging, was developed by the Greater Los Angeles VA Geriatric Research Education Clinical Center and affiliates and is a validated fall risk self-assessment tool (Rubenstein et al. J Safety Res; 2011: 42(6)493-499).

Evidence Based Health Promotion Programs

Programs offered by the ADRC of Waukesha County meet the highest-level research criteria as determined by the National Council on Aging and the National Institute of Health. The primary goals of Evidence Based Prevention Programs are to empower participants to adopt healthy behaviors, improve the health status of participants and to help prevent the onset or progression of disease health problems. For a full list of these and future classes available, contact the ADRC or check out our website at <https://www.waukeshacounty.gov/ADRCWorkshops/>.

Eat Smart, Move More, Weigh Less

Based on the theory of planned behavior, Eat Smart, Move More, Weigh Less is an online weight management program that uses strategies proven to work for weight loss and maintenance. Each lesson informs, empowers and motivates participants to live mindfully as they make choices about eating and physical activity. Eat Smart, Move More, Weigh Less is delivered in an interactive real-time format with a live instructor.

Class Details: 15-week, LIVE weekly online program

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

Better Choices, Better Health

Better Choices, Better Health is an online program for people ready to manage a chronic condition. Designed and researched at Stanford University, the same developers of the in-person Living Well with Chronic Conditions program, this program helps people with a wide range of conditions such as anxiety, arthritis, asthma, cancer, chronic fatigue syndrome, chronic pain, COPD, depression/mental health, diabetes (type 1 and type 2), hypertension, and many others.

Class Details: Must commit to login for six consecutive weeks, total time commitment 1-2 hours per week

Contact: Katie at the ADRC: (262) 548-7848 or kriemenschneider@waukeshacounty.gov

HARVEST OF THE MONTH

The "Harvest of the Month" program highlights a locally available crop each month to help the community learn more about healthy, seasonal, whole-foods, in partnership with ProHealth Care and the Washington/Ozaukee Public Health Department.

For September, the highlighted produce item is Watermelon! Check out the Live Well website for more information and featured recipes.

To learn more and sign up for the monthly e-newsletter visit: <https://www.waukeshacounty.gov/livewell>



Fall Activities

While the COVID-19 pandemic has made it difficult to get to the gym or enjoy your favorite yoga class, our community partners have been working hard to bring you socially distant, outdoor, exercise opportunities.

Even though the weather is getting colder, our partners are working hard to create some fun opportunities for the fall. Keep an eye on our website for the fall schedule.

www.waukeshacounty.gov/LiveWell

Food Safety Education Month

September is National Food Safety Education Month. It provides an opportunity to raise awareness about steps you can take to prevent foodborne illness, more commonly known as food poisoning.

Every year, an estimated 1 in 6 Americans (or 48 million people) get sick, 128,000 are hospitalized, and 3,000 die from eating contaminated food. While the food supply in the United States is among the safest in the world, it can still be a source of infection for all people, and seniors are more likely to get a foodborne illness and get seriously ill.

As we age, it is normal for our bodies not to work as well as they did when we were younger. Changes in our organs and body systems are expected as we grow older. These changes often make us more susceptible to foodborne illness. For example, our stomach and intestinal tract may hold on to foods for a longer period of time; our liver and kidneys may not rid our bodies of toxins as easily anymore; our immune systems aren't as effective at fighting illness.

It is widely accepted that there are five most-common risk factors for foodborne illness:

- Purchasing or obtaining food from unsafe sources
- Failing to cook food to a proper (safe) internal temperature
- Holding food at unsafe temperatures (food left on the counter)
- Using contaminated food equipment (unclean dishes, cutting surfaces, etc.)
- Poor personal hygiene, which includes hand washing

Proper hand washing is extremely important for safe food handling. Always use hot water and adequate soap, and scrub for 10-15 seconds and rinse for 5-10 seconds. And only dry your hands on a clean towel or unused paper towel.

ALWAYS wash hands before touching any food. Always wash hands after touching raw meats and after touching dirty surfaces like dirty dishes and sinks, dirty dish scrubbers and rags, and always after going to the bathroom or touching garbage, including the garbage bag and garbage can. It is best to be in the habit of washing your hands more than you think you should!

Time and temperature are critical in safe food handling. It is imperative that food is cooked to a proper internal temperature, tested with an accurate food thermometer. And don't let your food sit out on the counter; the longer a food sits out, the more bacteria grow. If you are cooling leftovers to enjoy later, make sure that the food is brought down to a cold temperature as quickly as possible. Cool it in the refrigerator or freezer, or use ice or an ice bath. Do not let your food sit around. And continually check the temperature of your refrigerator to make sure that your food is stored at a safe temperature.

Cross-contamination is when a raw food, or unsafe food, has either touched other food, or touched a surface that touches other food. For example, pulling a used knife out of the sink to cut up

strawberries. Even if you believe that the knife is "clean enough", your sink is probably not as clean as you think it is, and can make your strawberries unsafe to eat. It is always best just to get a new utensil that you **know** is clean.

Food safety is about paying attention, and taking the little extra time to make sure things are done right **every** time.





CARROLL UNIVERSITY

**We invite you to
participate in a program
to better your health and
wellness!**



Carroll University's College of Health Sciences is looking for participants older than 55 to participate in the **"Wellness Enhancement Program"**. This is a great opportunity for you to help train a group of future healthcare providers while bettering your health. These students are training to become physician assistants (PT), occupational therapists (OT), and nurses.

Together you will meet for four to five sessions in September through November and again in February through April in 2021.

Participants will...

- In the fall: Work together with your student team to identify opportunities for you to better your overall health and choose your health plan for spring 2020.
- In the spring: Still partnered with the same team of students, with their help you will carry out an action plan to better your health and wellness.

When and Where:

The sessions will take place on Monday afternoons either in-person or through telehealth.

Your participation is completely voluntary.

Transportation available. Spanish speaking interpreters also available.

Interested in bettering your health and wellness?

Call us at 262-544-6777

Or

Email us at Info@waukeshafreeclinic.org



CARROLL UNIVERSITY

¡Nosotros le invitamos a participar en un programa para ayudarle con su bienestar y salud!



El Colegio de Ciencias de Salud en la Universidad de Carroll busca participantes mayores de 55 años para el programa del mejoramiento de salud y bienestar. El programa empieza el otoño del 2020 y continua hasta mayo del 2021. Es una oportunidad genial para ayudar con el entrenamiento de un grupo de estudiantes medicos. Los estudiantes están entrenando para ser Asistentes Medicos, Terapeutas Físicos, Terapeutas Ocupacionales, y Enfermeras. Con el grupo médico, se reuniran cuatro o cinco veces desde septiembre a noviembre y otra vez desde febrero y abril en 2021.

Los participantes:

- En otoño: Trabajarán con el grupo medico para buscar oportunidades para mejorar su salud y escoger un plan medico para la primavera del 2021.
- En la primavera: El mismo grupo medico de estudiantes, le va a ayudar realizar un plan de acción para mejorar su salud y bienestar.

Donde y Cuando:

- Las sesiones tendrán lugar los lunes en la tarde en persona o virtualmente.

Su participación es completamente voluntaria. Estudiantes interpretes son proporcionados para los clientes Hispanoparlantes.

Interesado a empezar su camino de salud y bienestar?

Llllamanos a 262-544-6777

o

Mandanos un email a Infor@waukeshafreeclinic.org

VOTER INFORMATION

KNOW BEFORE YOU VOTE!

The November 2020 Presidential Election is just around the corner. Unfortunately, COVID19 presents us with some unique challenges to performing our civic duty. While COVID19 is an unavoidable part of our daily lives right now, we want you to know there are options to stay safe. We have prepared some tips to help you think ahead and make a plan that will work best for you when considering your options for voting.

Voter Registration

You must be a registered voter in order to vote in any election. If you need to register to vote, have moved since the last election, or are unsure if you are registered you can check your status at the following website <https://myvote.wi.gov/en-US/RegisterToVote>. You may register online at the previously mentioned web address, by mail, in person at your municipal clerk's office, or at your polling place on Election Day. If you are registering by mail or online, you must register at least 20 days before the election (October 14 for the November 3 election). After this deadline, you can register at your clerk's office or at your polling place on Election Day.

Voting Absentee

Considering the risk COVID19 poses, you may consider voting with an absentee ballot. Voters with disabilities and the elderly may even prefer this method of voting due to difficulties with transportation, accessibility concerns, or other reasons.

Any registered Wisconsin voter is eligible to request an absentee ballot. Interested parties should contact your municipal clerk for assistance with absentee voting and how to request a ballot. You can find your clerk's contact information at <https://myvote.wi.gov/en-US/MyMunicipalClerk>.

- ✓ If you are not already registered to vote, you will need to register before an absentee ballot can be sent to you.
- ✓ Request your absentee ballot as soon as possible to ensure you receive it in time to complete and return.
- ✓ The deadline to request an absentee ballot for the November 3rd election is October 29th at 5 PM for regular voters and October 30th at 5 PM for Indefinitely Confined voters.
- ✓ Special provisions are made for hospitalized electors and sequestered jurors to request and vote by absentee ballot on Election Day. Contact your municipal clerk for assistance.

Voting In Person

If you prefer to vote in-person, or have missed the deadline to vote absentee, here are some tips to keep you safe while at your polling location.

- ✓ Wear a mask.
- ✓ Practice social distancing, even if there are no clear markers or indicators of proper 6 foot distancing.
- ✓ Bring your own pen to mark the ballot. Make sure it is black or blue ink.
- ✓ Bring your own surface wipes if you plan to use the polling table.
- ✓ Wash your hands before and after you vote.
- ✓ If you have difficulty entering your polling place due to disability, you may request curbside voting. We recommend that you contact your Municipal Clerk in advance to determine how to access curbside voting.
- ✓ Lines may be long and poll workers may be hard to come by. Voters with disabilities and the elderly may want to plan their timing to avoid peak times such as early morning and early evening.
- ✓ Do not bring nonessential guests (children, grandchildren, etc.) with you to the voting place.
- ✓ If possible, complete any registration forms prior to arriving at the polling location.

INFORMACIÓN PARA VOTANTES

¡SABER ANTES DE VOTAR!

La elección presidencial de noviembre 2020 está a la vuelta de la esquina. Desafortunadamente, COVID19 nos ha presentado con unos desafíos únicos para hacer nuestra labor civil. Mientras COVID19 es una parte inevitable de nuestras vidas diarias, queremos que sepan que hay opciones para quedarse seguros.

Registro de Votante

Usted tiene que ser un votante registrado para votar en cualquier elección. Si tiene que registrarse, se ha mudado desde la última elección, o si no está seguro de que este registrado puede verificar su estado en el siguiente sitio web: <https://myvote.wi.gov/en-US/RegisterToVote>. Usted puede registrarse por internet en ese sitio, por correo, en persona en la oficina del secretario municipal, o en su centro de voto en el día de la elección.

Votante Ausente

Teniendo en cuenta el riesgo que representa COVID19, usted puede considerar votar con una papeleta de voto ausente. Esto es preferible para los votantes con discapacidades y la gente mayor debido a dificultades con el transporte, preocupaciones de accesibilidad, u otras razones.

Cualquier votante registrado en Wisconsin es elegible para pedir una papeleta de voto. Las personas interesadas deben contactar con su secretario municipal para obtener asistencia con el voto ausente. Puede encontrar información de su secretario municipal en <https://myvote.wi.gov/en-US/MyMunicipalClerk>.

- ✓ Si todavía no estas registrado para votar, necesitas registrarte antes de que puedas recibir una papeleta de voto ausente.
- ✓ Pide tu papeleta de voto ausente lo antes posible para asegurar su recibo a tiempo para completarla y devolverla.
- ✓ El plazo para pedir una papeleta de voto ausente para la elección del 3 de noviembre es el 29 de octubre a las 5 PM para votantes regulares, y el 30 de octubre a las 5 PM para votantes confinados indefinidamente.
- ✓ Se hacen disposiciones especiales para electores hospitalizados y jurados aislados para pedir y votar mediante la papeleta de voto ausente en el día de la elección. Contacte a su secretario municipal para más asistencia.

Votar en Persona

Si prefiere votar en persona o no ha cumplido la fecha límite para votar en ausencia, aquí hay algunos consejos para mantenerse seguro en su lugar de votación.

- ✓ Usar una mascara.
- ✓ Practicar el distanciamiento social incluso si no hay marcadores o indicadores claros de un distanciamiento adecuado de seis pies.
- ✓ Traiga su propio bolígrafo para marcar la papeleta. Asegúrese de que sea tinta negra o azul.
- ✓ Traiga sus propias toallitas para superficies si planea usar la mesa de votación.
- ✓ Lavarse las manos antes y después de votar
- ✓ Si tiene dificultades para entrar a su lugar de votación debido a una discapacidad, puede solicitar la votación en la acera. Le recomendamos que se comunique con su secretario municipal con anticipación para determinar cómo acceder a la votación en la acera.
- ✓ Las filas pueden ser largas y los trabajadores electorales pueden ser difíciles de encontrar. Los votantes con discapacidades y la gente mayor pueden querer planificar su tiempo para evitar las horas punta, como temprano en la mañana y temprano en la noche.
- ✓ No traiga invitados no esenciales (hijos, nietos, etc.) al lugar de votación.
- ✓ Si es posible, complete cualquier formulario de registro antes de llegar al lugar de votación.

Virtual Dementia Caregiver Support Group

1ST WEDNESDAY OF EVERY MONTH | 1 PM TO 2 PM

Please join us online or by phone for an hour of caregiver discussion and connection, lead by Dementia Care Specialists from Milwaukee, Ozaukee and Waukesha counties.

**To register please email us
at dcs@milwaukeecountywi.gov or
call us at 414-289-6259**



Benefit Specialist Corner

Time to Review Your Medicare Plan - *Prepare Early This Year!*

Each year from October 15 through December 7, during Medicare's Open Enrollment Period, you have an opportunity to review and change your Medicare Part D Plan or Advantage Plan for the following year. For most people, this is the only time of year you may be able to change your plan. Changes made to plans for the coming year could mean that the costs and coverage for your same drugs could change. Likewise, a different company may now offer better coverage for those same medications. People have saved hundreds of dollars in a year by switching to a different plan. The only way to find out if you can save money is to review and compare your plan.

Medicare Supplements/Medigap Policies are not affected by this enrollment period. Similarly, those on SeniorCare are not affected by Medicare's Open Enrollment Period. SeniorCare will send a notice in the mail when the renewal is due. If you are on SeniorCare and have had medication changes, you might want to check on the cost of other Medicare plans to see if SeniorCare is still the best option for you.

Make sure you have appropriate prescription drug coverage in the new year. You can compare plans on the official Medicare website at Medicare.gov. Medicare beneficiaries can also receive free, unbiased assistance with plan comparisons from the Elder Benefit Specialists at the ADRC of Waukesha County. Due to COVID-19, we will assist people by phone or mail.

Start preparing early this year. Don't let this opportunity pass you by! Starting October 1, go to Medicare.gov to compare plans online or for local assistance call the ADRC at 262-548-7848.

Mark your calendar for the important dates below:

September

Read your mail. In September, your current plan will send an Annual Notice of Change (ANOC). It will include plan changes in coverage, benefits, cost and service areas for the upcoming year. This ANOC would also inform you if the plan is not going to be offered for the following year.

October 15th-December 7th

For most people, this is the only time of year you can change your coverage. *The only way to find out if you can save money is to review and compare plan options!* See options below on how to compare plans.

Options on How to Compare Plans

You or another person you trust can:

- Visit our website in October for information and resources related to Medicare's Open Enrollment
- <https://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>
- Call 1-800-MEDICARE between October 15 and December 7- Open 24 hours a day, 7 days a week, during Open Enrollment
- If you don't have access to a computer and you don't have family or a friend that can assist, please contact the ADRC at 262-548-7848 to request assistance. Please do not call for assistance regarding Medicare Part D plans before October 1.

If you decide to change plans for the following year, you need to enroll by December 7th.

If your current plan is offered for the following year and you want to keep your same plan, you do not need to do anything.

January 1st

If you enrolled in a new plan during Open Enrollment, the change will be effective January 1st.

Welcome to Medicare Class

The Aging and Disability Resource Center of Waukesha County hosts 'Welcome to Medicare' classes on a monthly basis. A virtual class will be held Wednesday, September 9 at 1:00pm and 5:30pm. Topics covered will be the basic parts of Medicare (A, B, C, D) and how they work. Information will be provided on how to enroll, available insurance options, and the drug coverage requirement. Lower income benefit programs will also be reviewed. It is suggested that you attend one class 2-3 months prior to starting Medicare.

Turning 65?
Need Medicare?

To register for this free class or for more information, please contact the ADRC at 262-548-7848. You can also register online at <https://www.waukeshacounty.gov/ElderBenefitSpecialistProgram/>

Zucchini and Yellow Squash: Eat a Rainbow

Now is the best time of year to enjoy zucchini and yellow summer squash. Zucchini and yellow squash are rich in lutein and zeaxanthin, which are antioxidants that fight off damage to body cells and may help to maintain the health of your eyes. Both are also good sources of potassium, magnesium, and vitamin C.

Peel them, or eat the skin?

Eat the skin! Nutrients and fiber are more concentrated in the skin of zucchini and yellow squash, so keeping the skin on will give you the most benefits. This is also true for veggies like eggplant and cucumber. If you don't like the texture of the skin, you can try removing just some of the skin. Or, keep the skin on for recipes where you can't tell (such as zucchini bread).



Looking for new ways to enjoy zucchini and summer squash? Try...

- **In place of lasagna noodles.** Slice thinly ($\frac{1}{4}$ -inch thick) and bake in a single layer in the oven for 10-15 minutes or until softer and flexible. Pat dry with a towel to remove any excess moisture. Layer in your favorite lasagna recipe or make lasagna roll ups.
- **Roasted.** Toss slices or chunks in olive oil and seasoning, spread on a baking tray, and cook in a hot oven (425 degrees for about 20 minutes). Toss halfway through baking.
- **Raw as a snack.** Dunk in your favorite dip, or add to a salad.

Or, try this quick and delicious recipe! Zucchini Eggplant Parmesan tastes great as a side dish, served over whole grain pasta, or as a topping for chicken.

Zucchini Eggplant Parmesan

Makes 8 servings, serving size $\frac{3}{4}$ cup

Ingredients:

- 1 medium zucchini, cut into 1-inch cubes
- 1 medium eggplant, cut into 1-inch cubes
- 1 medium onion, cut into thin wedges
- 1 $\frac{1}{2}$ cups marinara sauce
- $\frac{1}{2}$ cup shredded parmesan cheese



Instructions:

1. In a large skillet, combine eggplant, zucchini, and onion. Cook to soften slightly, about 5 minutes.
2. Add marinara sauce and half of the parmesan cheese.
3. Cover and cook on medium low heat for about 15 minutes or until zucchini and eggplant are tender.
4. Sprinkle with the remaining $\frac{1}{4}$ cup parmesan cheese.



Wood Words - Tree Species



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S R D W P F J C J W N W A H T Z O
I E N W B I R C H L E W E U D R P
R B O Y H E Y S A R U W H N W T L
Y U E D R H N W X U C J E C K E A
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Eucalyptus

purpleheart

pecan

ash

pear

spruce

ebony

willow

hickory

walnut

birch

maple

cherry

alder

mahogany

Dogwood

Redwood

Pine

Oak

Poplar

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